

# Saint Paul Parks and Recreation

# Downhill Skiing/Snowboarding & Cross Country Skiing Programs 2004-2005





### Como Park Ski Center

is a convenient in-town ski area featuring a lighted tow rope, snow making, chalet with food service, ski/ snowboard rental shop and affordable lessons taught by professional instructors.



#### Como Park Ski Chalet Hours

651/488-9673 TTY 651/266-6378 1431 North Lexington Parkway

Mondays
Tuesdays – Fridays 3:00 to 9:00 p.m.
Saturdays 9:00 a.m. to 6:00 p.m.
Sundays 11:00 a.m. to 6:00 p.m.
See page 2 for holiday hours

#### NOTES:

- 1. Chalet opens Saturday, December 11 weather permitting.
- 2. Rope tow and ski hill close ½ hour before the chalet.
- 3. There is <u>no public use</u> of downhill ski hill, rope tow and rental of equipment during Saturday ski school, (1/8-2/12/05).
- 4. Cross country ski trails and equipment available Tuesday Sunday.

#### Inside:

- **Townhill/Snowboarding and Cross Country Skiing**
- Lesson Information
- **Rental Rates**
- Registration Information

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To enhance the lives of its citizens and visitors, Saint Paul Parks and Recreation will, within available resources, provide and facilitate

safe, quality leisure services, programs and facilities while preserving and enhancing natural resources and stimulating the economic vitality of the community.





Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
December 18	December 19	December 20	December 21	December 22	December 23	December 24
9 am - 6 pm	9 am - 6 pm	10 am - 9 pm	10 am - 9 pm	10 am - 9 pm	10 am - 9 pm	9 am - 4 pm
December 25	December 26	December 27	December 28	December 29	December 30	December 31
CLOSED	11 am - 6 pm	10 am - 9 pm	10 am - 9 pm	10 am - 9 pm	10 am - 9 pm	9 am - 4 pm
January 1 9 am - 6 pm	January 2 9 am - 6 pm	СОМО	PARK CH	HALET H	OLIDAY F	HOURS



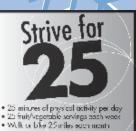
## Saint Paul Parks and Recreation Receives National Recognition

Saint Paul Parks and Recreation is just one of two parks agencies in the State of Minnesota to receive the prestigious CAPRA accreditation. Accreditation is based on 156 standards that are elements of effective and efficient park and recreation operations. Accreditation helps demonstrate to the public that they have access to parks and recreation services of national quality, and that their investment in Saint Paul Parks and Recreation is sound.











CITY OF SAINT PAUL DIVISION OF PARKS AND RECREATION Individuals with disabilities are invited to participate in these programs. If you have a disability requiring special services, please call for more information.

General Parks and Recreation Information	651.266.6400
TTY	651.266.6378
Parkwatch	651.646.3535
Seasonal & Part-time Employment	
Opportunities Hotline	651.266.6466
Volunteer Hotline	651.266.6464

Environmental Program Volunteer Hotline......651.266.6458

AA/ADA/EEO Employer



## **Downhill Skiing & Snowboarding Lessons**





Como Park Ski Center has lessons for all ski and snowboard levels. Students are grouped by ability for a more enjoyable experience. Adults and children are grouped separately. Students are required to demonstrate fundamental skills to pass to the next level.

The program priorities are (in order of importance): SAFETY – FUN – LEARNING. Safety rules are stressed at all levels. Como Ski and Snowboard School recommends helmets for all students.

#### Downhill Ski Lessons

Again, this year - beginner level lessons for Deaf/HOH taught in ASL. For more information, call 651-266-6366 or TTY 651-266-6378.

#### Kinderski (Beginner ages 4\*-6)

Our most popular program begins with games that get children comfortable with ski equipment and progresses to side stepping gentle terrain on skis, straight runs with beginning turns and stops and use of the rope tow.

\*Kinderski students must be at least 4 years old by Jan. 1, 2005.

#### **Level 0 White** (Beginner ages 7 & older\*)

Students who have never skied before begin with getting around on flat terrain and progress to sidestepping gentle terrain on skis, straight runs and beginning turns and stops, and use of the rope tow. \*Mature 6-year olds may begin at this level.

#### **Level I Yellow** (Initiated Beginner)

Students are able to use a rope tow. They improve their ability to initiate turns and to stop on medium terrain. Fundamental skill focus: developing techniques to turn and stop.

#### Level II Orange (Advanced Beginner)

Student has mastered Level 1 skills. Student learns to link turns in both directions, control speed while turning and skate on skis on all terrain. Fundamental skill focus: using each ski independently.

#### Level III Green (Intermediate)

Students ready for this level control skis on varying terrain for turns and stops. Student learns beginning Christie turns, vertical side slips and hockey stops in both directions. Fundamental skill focus: using both the inside and outside edges of the skis.

#### Level IV Red (Advanced Intermediate)

Student already uses ski edges to shape turns. Student learns to link skidded turns in both directions, complete advanced Christie turns and ski edge engagement in the snow. Fundamental skill focus: engaging both ski edges in the snow without skidding.

#### Level V Purple (Advanced)

Students learn beginning parallel turns with correct pole usage, vertical step turns and progress to linked parallel turns. Fundamental skill focus: rolling both skis over together to the opposite edges in the turn.

**Level VI Brown** (Advanced / Introduction to racing)
Students work on advanced parallel turns, racing techniques, carved parallel turns, and racing a slalom course with an emphasis on handling speed.

## **Snowboard Lessons**

#### Level I White (Never boarded before)

Students learn about snowboard equipment, how to strap in the board, how to get around on flat ground and on the hill, how to fall, skidded turns on flat terrain, and hops and turns on flat terrain. Most students will graduate to the next level with the same year.

\*Students MUST be at least 8 years old by January 1st.

#### **Level II Yellow** (Advanced Beginner)

On gentle terrain, students learn straight runs, turns to a stop, balance while riding, hops and skidded turns. Fundamental skills focus: balance.

#### Level III Orange (Intermediate)

Students learn skidded turns in both directions, ride the rope tow, do flat spin 180's, Ollies, and start to use the board edges to round out the turns. Fundamental skills focus: using the board edges to perfect the turns.

#### Level IV Green (Advanced)

Students learn dynamic skidded turns, carved turns, air 180's, air 360's, riding on rails, and riding in terrain park areas. Fundamental skills focus: balance and edges.

## Downhill Ski and Snowboard Group Lesson Dates and Times

\*One-hour lessons, once per week for six weeks.

\*NOTE: Adult Lessons (18 and over) are scheduled ONLY on Saturdays at 2:15 p.m., or Tuesdays and Wednesdays at 6:00 or 7:15 p.m. Lessons missed due to illness or personal reasons are not made up. No refunds for cancellation by student.

#### Downhill Ski and Snowboard Lesson Rates

Downhill Ski and Snowboard Lesson Rates Saint Paul Resident \$80. Non-Resident \$90.

**Private Downhill And Snowboard Lessons** 

Private lessons \$20./hr - Call 651-488-9673 to schedule

#### **Equipment Rental Package Rates for Lessons**

First registered, first reserved basis (limited numbers available) **DOWNHILL SKI** -

Skis, Boots & Poles (For All Six Lessons) \$40. SNOWBOARD - Board & Boots (For All Six Lessons) \$70.

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## **Cross Country Ski Lessons**

Saint Paul Parks and Recreation invites you to cross country ski in Como Park. Trails and facilities are open from early December through late February, weather permitting. The trails are groomed on a regular basis for both classic and skate style skiing. For trail conditions and information, please call 651-266-6400, Monday through Friday, 8:00 a.m.-4:30 p.m.

Como Park has a 1.7K loop of lighted trail for beginner-level skiing until 11:00 p.m. and 5K of intermediate/advanced-level groomed classic and skate style trails, in addition to instruction and classic style equipment rental for all ages (driver's license or picture ID required).

## Classic Style Lessons

**Kinderski** (Beginner ages 4-7) Introduction to snow and skis. Basic techniques are taught with no set achievement level expected.

**Level I** (Little or no prior skiing experience) Introduction to equipment and basics.

**Level II** (Some skiing experience required) Review basics, refine and improve techniques.



## **Skating Style Lessons**

**Level I** (Little or no prior skiing experience) Entry level introductory recreational skating techniques.

**Level II** (Some skiing experience required) Review basics, refine and improve techniques.

## **Cross Country Ski Group Lesson Dates And Times**

\*One lesson for one-and-a-half hours

#### Saturday Lessons

December 11, 18, 2004 January 8, 15, 22, 29, 2005 February 5, 12, 2005

#### Classic Style

Kinderski . . . . 10:00 a.m. Level I . . . . . . 10:00 a.m. Level II . . . . . . 12:00 p.m.

#### **Skate Style**

Level II . . . . . . . . 12:00 p.m. Level II . . . . . . . 12:00 p.m.

#### **Tuesday Lessons**

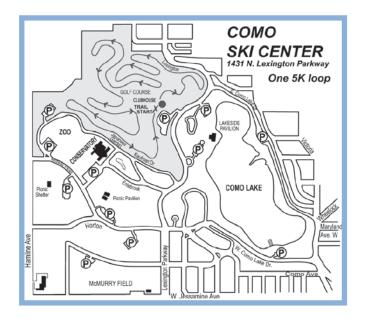
December 14, 2004 January 4, 11, 18, 25, 2005 February 1, 8, 2005

#### **Classic Style**

Level II . . . . . 6:30 p.m. Level II . . . . 6:30 p.m.

#### **Lesson Registration**

Pre-registration is encouraged to assure a place in class. Registration for December classes taken on-site only.



#### **Cross Country Group Lesson Rates**

PRE-REGISTRATION is encouraged to guarantee instructor availability.

A MINIMUM OF 4 STUDENTS REGISTERED PER CLASS IS REQUIRED.

The City reserves the right to cancel classes with less than four registrants. Lesson rate does not include equipment rental.

Saint Paul Resident \$15. Non-Resident \$20.

#### **Equipment Rental**

(Classical only; two-hour on-site rental)
Package includes no-wax skis, boots and poles.

Adult (18 and over)				.\$12.
Junior (17 and under)				\$9.

# Downhill Ski & Snowboard Equipment Rental And Rope Tow Rates Available daily - except during Saturday lessons.

#### Downhill Ski

(All downhill packages include skis, boots and poles.)

Adult Ski Package (18 and over) . . . . . . \$12.

Group of 10 or more . . . . . \$11.

Junior Ski Package (17 and under . . . . . \$9.

Group of 10 or more . . . . . \$8.50

#### **Snowboard**

#### **Rope Tow Tickets:**

Single Day-Adults (18 and over): \$11, 10-punch pass: \$88. Juniors Single Day (17 and under): \$9, 10-punch pass: \$72.





## Registration





On Line: With credit card ONLY. Go to www.ci.stpaul.mn.us/depts/parks/specialservices/ski/index.html and follow the instructions.



**Telephone:** With credit card ONLY (VISA, Mastercard, American Express or Discover) call the Como Park Ski Chalet at 651-488-9673 Chalet Hours are listed on the front page.



**By Mail:** Complete a registration form on this page and mail it with a check or credit card information to: Saint Paul Parks & Recreation, Ski Registration, 300 City Hall Annex, 25 W. 4th St., Saint Paul, MN 55102.



**In Person:** Visit the Como Park Chalet at 1431 N. Lexington Parkway. If paying in cash, please have the exact amount. Chalet opens December 11 weather permitting.

**No Confirmations:** Assume the first choice lesson level/day/time will be held as noted on the registration form unless you are notified otherwise.

**Closings Due to Weather:** During inclement weather, possible lesson cancellation or site closure information will be available at least one hour before lesson time by calling Como Park Ski Center at 651-488-9673.

**Refunds:** Refunds are made if requested three business days before the first session. Refunds are assessed an administration fee. A copy of the refund policy may be viewed at: http://www.ci.stpaul.mn.us/depts/parks/

#### **LESSONS REGISTRATION FORM**

(see page 2 and 3 for level descriptions and days/dates/times)

Participant name	Youth: Date of birth/ Age
Address	City State Zip
Home telephone Work telephone_	
E-mail address	
Please list any special needs or disabilities the enrolling participant ma Individuals may be contacted by Adaptive Recreation staff to facilitate an	•
DOWNHILL SKI LEVEL: ☐ Kinderski ☐ LVL 0 ☐ LVL I ☐ LVL II	I □LVL III □LVL IV □LVL V □LVL VI □Racing
SNOWBOARD LEVEL:   LVL     LVL     LVL     LVL     LVL	V
1st Class Choice: Day Time Rental	Equipment Needed: Yes No
2nd Class Choice: Day Time If yes,	Shoe Size: Adult / Child (circle one). Height
Lesson fee: \$ + equipment rental rate for lessons \$	_ = Total enclosed \$
CROSS COUNTRY SKI: NOTE: Walk-in registrations ONLY in December (due to ski conditi Please arrive 20 minutes prior to lesson start time to allow for regis	
Single Lesson Style: Classic Skating Day:	Date: / / Time:
Additional Lesson(s) Style: $\square$ Classic $\square$ Skating Day: $\_$	Date: / / Time:
Style: ☐ Classic ☐ Skating Day:	Date: / / Time:
Lesson fee: \$ X number of lessons + equipment rent	al rate for lessons \$ = Total enclosed \$
Payment: ☐ Cash ☐ Check ☐ VISA ☐ Mastercard ☐	American Express Discover
Credit Card # Expiration Date	:/ Card Holder Name:

Make checks payable to: City of Saint Paul

## **LESSONS REGISTRATION FORM**

(see page 2 and 3 for level descriptions and days/dates/times)

Participant name					_ Youtn:	Date of bi		/	_ Age
Address					_ City			State	Zip
Home telephone	·		Work tel	ephone					
E-mail address							<del></del>		
Please list any special need Individuals may be contacte									lity listed.
DOWNHILL SKI LEVEL:	□Kinderski	□ LVL 0	□ LVL I	□ LVL II	□ LVL III	□ LVL IV	□ LVL <b>V</b>	□ LVL <b>VI</b>	Racing
SNOWBOARD LEVEL:	□ LVL I	□ LVL <b>II</b>	□ LVL III	□ LVL IV	•				
1st Class Choice: Day		Time		Rental	Equipment	Needed: [	∃Yes □	No	
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Additional Lesson(s) St	yle: Classi	c $\square$ S	kating	Day:		Date: _	_//_	Time	e:
S	yle: Classic	s S	kating	Day:		Date: _	_//_	Time	e:
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Make checks payable to: City of Saint Paul